



HK&T's Sloppy Sloppy Joe



Ingredients:

- 2 cups of walnuts, grind in a food processor or blender
- 1 cup of organic spinach, finely chopped
- 1 cup of mushrooms, finely chopped (preference: portabella)
- 2 organic carrots, grated
- 1 medium onion, finely chopped
- 1 ½ cups of bread crumbs (preference : **Ezekiel 4:9 Sprouted Grain Bread**)
- ½ cup of organic vegetable stock
- 2 table spoons of organic Earth Balance vegan butter (softened)
- ½ cup of organic diced tomatoes (drained)
- salt and herb seasoning to taste
- 1 organic green pepper, grated
- Whole Grain Buns (purchase from your local health food store)

Oven: Pre-heat to 375F (190C)

Mix ingredients in a bowl

Generously butter a pan and spoon the mixture into it. Cover with foil - The mixture may be prepared to this point and refrigerated up to 8 hours in advance.

Bake for 1 hour 40 minutes.

Allow the sloppy sloppy joe mixture to sit for at least 15 minutes before placing it on your whole grain buns. You will be amazed at how much the sloppy sloppy joe actually tastes like the "sloppy joe" you ate growing up.

Benefits of some of the ingredients:

Walnuts are one of the best plant sources of protein. They are rich in fiber, B vitamins, magnesium, and antioxidants such as Vitamin E. Nuts in general are also high in plant sterols and fat - but mostly monounsaturated and polyunsaturated fats (omega 3 fatty acids - the good fats) that have been shown to lower LDL cholesterol. Walnuts, in particular, have significantly higher amounts of omega 3 fatty acids as compared to other nuts.

Mushrooms are valuable health food - low in calories, high in vegetable proteins, chitin, iron, zinc, fiber, essential amino acids, vitamins & minerals.

Mushrooms are an excellent source of potassium; a mineral that helps lower elevated blood pressure and reduces the risk of stroke. One medium **portabella mushroom** is said to have more potassium than a banana or a glass of orange juice.

Mushrooms also have a long history of use in Traditional Chinese Medicine. Their legendary effects on promoting good health and vitality and increasing your body's adaptive abilities have been supported by recent studies. These studies suggest that Mushrooms are probiotic - they help our body strengthen itself and fight off illness by maintaining physiological homeostasis - restoring our bodies balance and natural resistance to disease.

Earth Balance -No genetically-modified ingredients. No preservatives. No artificial flavor. Certified Organic & Buttery Delicious- 100% Vegan -Non Hydrogenated -No Trans Fatty Acids -Patented Blend to help improve HDL/LDL Cholesterol Ratio-Zero Carbs -Non-Dairy -Gluten Free -Organic Certified -Expeller-Pressed-Non-GMO Oils -Whipped for easier spreading ,Excellent for cooking & baking